

Bringing Health Into Balance

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lives are changed. Common interests in good health have brought companies with different, yet compatible, areas of expertise together to enhance the skills and knowledge to each other's teaches and customer alike.

Saladmaster is a very proud of the balanced approach to health instituted by Dealers and their teams and is equally proud to partner with some of the finest health organizations in the world. One of those exceptional partners is the C.H.E.K Institute.

To live a quality life requires balance between a healthy mental, physical, emotional and spiritual connection; this is the teaching of the C.H.E.K Institute that conducts advanced education and training worldwide for health and fitness professionals from various arenas in the health field. Doctors, psychiatrists, fitness trainers, chiropractors, lifestyle coaches and even golf pros all come to C.H.E.K Institute seeking methods of healing that address the total mind, body, spirit; and then bring a more balanced, integrated healthy approach back to clients in their own field of expertise.

Paul Chek, Founder of C.H.E.K (Corrective, High-Performance, Exercise, Kinesiology) Institute, discovered through his own clinical practice and research that all aspects of the mind and body need to be in balance to live a healthy life. "You don't treat disease, you are treating the person with the disease," says Paul. "Such things as nutrition, stress, lack of sleep, exercise, your financial health all play a role in a person's overall strength and fitness."

"Every building block of the body relies on the quality of the food we eat," says Penny Crozier, CEO of the C.H.E.K Institute. "Good nutrition is vital for providing what every part of the human body requires. It affects every tendon, every muscle, every cell; do you want an eyeball that is made of McDonald's food? Unprocessed natural foods are what your body and mind must have to be healthy."

After discovering Saladmaster and conducting a yearlong test of the healthy cooking system, the C.H.E.K Institute incorporated nutrition, cooking properly and lifestyle management into their educational courses. They have become very involved with the Saladmaster Cooking for Life program and relay the benefits of Saladmaster in many of their teachings, both videos and classes.

"You can also be eating good food, but if you're killing your food by not using good cooking equipment you're losing the benefits of that food." - Paul Chek

C.H.E.K Institute has trained over 6,000 people around the world who work with a multitude of their own clients teaching all of them the benefits of balanced health.

"Health is like a wheel - if all of the spokes aren't balanced the wheel will not roll. Our approach is very individual - there is no one-size-fits-all. Our objective to good health is creating a healthy balance in each individual.

What do you do to maintain a healthy balance? *Provide your answers below by commenting.*

For more information about the C.H.E.K Institute, visit www.chekinstitute.com

Etiquetas : [Health & Nutrition](#)
